



U.S. ARMY GARRISON HAWAII

Installation Management Command | We are the Army's Home

As of Aug. 7, 2020

Soldier For Life—Transition Assistance Program: Getting Started

STEP ONE:

- Navigate to <https://www.sfl-tap.army.mil/> (this site works best on a Windows-based computer)
- Logon top right hand corner
- Enter in your DS Logon authentication or (you can create a DS Logon) or use your common access card
- Register or update personal information and click “accept”

STEP TWO:

Contact the Soldier For Life-Transition Assistance Program at (808) 655-1028 to schedule the 60 minute individualized initial counseling. The individualized initial counseling may also be completed remotely by calling the Soldier For Life-Transition Assistance Program 24-hour virtual center at 1-800-325-4715.

Prior to your initial counseling, print your:

- Verification of Military Experience and Training, or VMET (<https://milconnect.dmdc.osd.mil>)
- Joint Services Transcript, or JST (<https://jst.doded.mil>)

STEP THREE:

Contact the Soldier For Life-Transition Assistance Program center at (808) 655-1028 to schedule a pre-separation brief. The pre-separation brief may also be completed remotely by calling the Soldier For Life-Transition Assistance Program 24-hour virtual center 1-800-325-4715.

The 1 hour and 45 minute video portion of the pre-separation brief is required for all Soldiers.